

Module 7. From “What Now ?” to “What’s Next!”: The Excitement of Reinvention



MHN
A Health Net Company

Author, Explorer, Photographer



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- Set goals
- Define action steps
- Set target dates
- Take action
- Review progress
- Celebrate successes



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Activity: Your Personal Action Plan

- See the Personal Action Plan worksheet
- Instructions:
 - Use the form to identify goals for your reinvention (See the Personal Action Plan Worksheet)
 - Think about what you will need to be successful. Do I need guidance (Community College Counselor, the EAP, etc?)
 - What actions are necessary to initiate and nurture your reinvention?
 - Who needs to know that you're actively reinventing your life and circumstances? Who will provide support? Who are my detractors?
 - Review and Update regularly




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Looking Ahead to Module 8

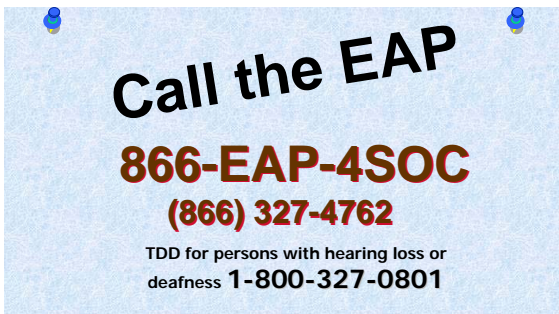
The Momentum of Reinvention: Your Action Plan


- Where We Have Been
- What Are Your Next Steps?
- Conclusions



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Remember Your EAP





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Resources

- CDCR Office of Employee Wellness
855-897-9822
- Your local Peer Support Team
- CDCR Layoff Resources website:
<http://www.cdcr.ca.gov/layoffresources/Index.html>
- EAP
- Other